

April 28, 2016

FLORIDA DEPARTMENT OF HEALTH IN BREVARD COUNTY HOSTS EVENT FOR EVERY KID HEALTHY WEEK



Contact:

Sophia Tomadakis

Sophia.Tomadakis@flhealth.gov

321-639-5800 x 7106

Merritt Island, Fla.— April 25-29 is Every Kid Healthy™ Week and the Florida Department of Health in Brevard County (DOH-Brevard) hosted an event at Manatee Elementary School in Viera to promote and celebrate their school's wellness achievements. This week, local health offices statewide are partnering with schools to host events related to nutrition, physical activity and learning.

"We celebrate Every Kid Healthy™ Week in an effort to promote healthy eating, and physical activity, in order to better student health, wellness, and academic achievement," stated DOH-Brevard Interim Administrator Miranda Hawker. "We know that healthy kids learn better; that's one reason why reversing the trend of childhood obesity is a top priority for the Florida Department of Health in Brevard County."

Launched nationally by Action for Healthy Kids in 2013, [Every Kid Healthy Week](#) is an annual observance held in the last week of April that shines a spotlight on the great efforts schools are making to improve the health and wellness of their students. The observance also provides an opportunity for everyone in the country to get involved by supporting sound nutrition, regular physical activity and health-promoting programs in schools.

Over 100 first grade students were offered hummus, pretzels, grape tomatoes, carrots, bananas, pineapple, raisins, grapes, celery sticks, olives, and cheese as the day started then they rotated through nine nutrition and physical activity stations manned by Eau Gallie High School student volunteers. The health stations included fruit, vegetable, grain and dairy/protein samplings, games, dancing, and drum fitness. Students were offered Healthiest Weight Frisbees to take home and a banana to eat later.

In the afternoon, special guests Washington Nationals Pitcher Aaron Barrett and Washington Nationals Strength and Conditioning Coach Edwin Jimenez worked with fourth to sixth grade students on exercise/conditioning drills to help them improve their running and overall athletic performance.

Unhealthy weight puts children at risk for a variety of health complications and chronic diseases. Evidence shows students who eat right and are physically active in school learn healthy lifelong habits and are better equipped to succeed academically.

Teachers, parents, and individuals who want to learn and get involved can visit <http://www.healthiestweightflorida.com/activities/every-kid.html> and [Every Kid Healthy Week](#).

About Action for Healthy Kids®

Action for Healthy Kids is the nation's leading nonprofit and volunteer network fighting childhood obesity and undernourishment by helping schools become healthier places where kids learn to eat right, be active every day, and better prepared to learn and succeed academically. Action for Healthy Kids reaches nearly 12.9 million students in 29,000 schools with the help of 80,000 volunteers and champions. Learn more at www.ActionforHealthyKids.org, on [Facebook](#) and on [Twitter](#).

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit <http://www.healthiestweightflorida.com/>.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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